



20 November 2013  
Thanksgiving Weekend Safety Message

1. This Thanksgiving, Team 19 will pause to reflect and express gratitude for the blessings of peace, liberty and freedom we all serve to preserve. From 28 November to 1 December 2012, we celebrate our blessings with family, friends and teammates.
2. This four-day weekend, I expect leaders to accentuate these safety tips:
  - a. Leadership Counseling: All Soldiers will be counseled face-to-face before they begin this weekend. Leaders; know your Soldier's plans, who their battle buddies will be, it's about reminding them 'how to think not how to act'; think about decisions repercussions. One of our Soldiers' greatest strengths is the decision/judgment to show restraint.
  - b. Holiday Depression Syndrome (HDS): Leaders let's make sure our teammates have the ability to contact family and friends back home. If you see a fellow Soldier/Civilian distraught, inject yourself in the situation to effectuate positive actions. Take these actions when you see acts of depression; stay with your buddy, send for help and remember the 19<sup>th</sup> ESC 24-hour Suicide Lifeline number is 05033-64-4LIF(543).
  - c. TRiPS: Soldiers traveling with a privately owned vehicle or motorcycle outside local area. stateside will complete the online Travel Risk Planning System (TRiPS) assessment using <https://crc.army.mil/home/> before any leave is granted.
  - d. Thanksgiving Cooking: Never leave cooking food unattended, a when carving the turkey always have the blade facing away from your extremities to avoid accidents.
  - e. Decorations: Many families, Soldiers, and units will hang holiday lights after Thanksgiving weekend. Never drive a nail through hanging light wires, and always turn off the lights when leaving your residence or going to sleep. Never leave burning candles unattended and there is no candle burning in barracks or offices per USFK Reg 420-1.
  - f. Situational Awareness: Whether you're driving a POV across the country; hosting a meal; or walking along a roadside every situation warrants situational awareness. Always understand your surroundings, people, and environment to ensure your safety. Engaged, active situational awareness is part of being a Soldier or DoD Civilian.
  - g. Winter Preparation: Do you have a warm jacket for lower temperatures, and a shovel to clear your housing sidewalk? Is your vehicle's wipers and tires ready for ice and snow? The last week of December 2012 had record snowfall; let's be better prepared in 2013.
3. Review the current safety message of the 8A, USFK and USARPAC commanders on <http://www.usfk.mil/USFK/index.html>. We can all be even more thankful once every Soldier, civilian, and family member returns from this weekend safely.

LIVE THANKS  
ENJOY TIME W/ FAMILY : FRIENDS  
STAY SITUATIONALLY AWARE  
STAY ALERT  
TAKE CARE OF YOURSELF  
AND RETURN TO WORK  
READY TO GO

  
STEPHENE FARMEN  
Brigadier General, USA  
Commanding

EVERYONE MATTERS!

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